



GUARD FAMILY CONNECTION

Summer 2005 NORTH CAROLINA NATIONAL GUARD



30TH ENGINEERS HELP REBUILD IRAQ

IN THIS ISSUE:

FUTURE FORCE
Army National Guard
Goes Modular

30TH BCT
Welcome Home Ceremony



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Specialist Julia Jablonska, a Paralegal Specialist assigned to HHC, 30th Engineering Brigade, takes time to smile with children from one of 8 schools that the 30th ENG Brigade is helping rebuild. *Photo by Sgt 1st Class Jamie Helms, Senior Legal NCO, 30th Engineer Brigade.*

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Know the signs of Combat Stress



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North Carolina Adjutant General

Brig. Gen. Charles W. Collier, Jr.
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Family Readiness

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Joint Forces Personnel

Recruiting & Retention

Guard Family Connection

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If you are interested in finding out more about the North Carolina National Guard, call toll-free 1-800-621-4136 or visit www.nc.ngb.army.mil



The Adjutant General



A Message from the Adjutant General

Fellow Soldiers and Airmen,

In September, the NC Army National Guard will begin to implement the most extensive reorganization of our force structure since the deactivation of the 30th Infantry Division in 1973. Part of an initiative referred to as Army Transformation, this process will develop the force structure to achieve full, joint interdependence. Further, Army Transformation is changing the mindset of its Soldiers and leaders. It prepares them to face adaptive adversaries – in any environment – where ambiguity and uncertainty are the rule. The Army has implemented several actions to increase readiness, responsiveness and deployability of both Active (AC) and Reserve Component (RC) forces. In order to continue generating sufficient forces to meet global commitments, the Army will continue to restructure forces to reduce stress and better align forces to project combat power. We are reorganizing, redesigning and resetting the force.

Modularity is the Army's effort to create brigade-sized building blocks of combat power; so we can create a larger pool of units across the AC and the RC that can equally meet the needs of the Combatant Commanders. Modular "plug and play" units will replace the structure of the past. The Army leadership has approved the designs for the Army's Brigade Combat Team Units of Action, multifunctional support brigades and Units of Employment.

The American Soldier remains the centerpiece of the Army's combat systems and formations. Adaptive, confident and competent Soldiers – infused with the Army's values and warrior culture – fight wars and win the peace. The North Carolina National Guard will transform with the understanding that people are always more important than hardware and quality is more important than quantity. We will continue to focus our efforts on recruiting, selecting, leading, training, equipping and retaining the very best Soldiers. Throughout the development and fielding of the Future Force, we will keep our focus where it has always been...on our Soldiers.

Operation Tarheel Reset has been briefed in every unit across the state. The briefing lays out the changes that will occur at the unit level in the North Carolina Army National Guard as well as a timeline for implementation. Our first unit to transform is the 30th Heavy Separate Brigade, which will convert in September to a Heavy Brigade Combat Team Unit of Action. During FY-06 the 30th Engineer Brigade will transform into a Maneuver Enhancement Brigade and the 449th Aviation Group will become an Aviation Brigade.

The most fundamental change will be our transition from three Major Subordinate Commands, currently the 30th HSB, 60th Troop Command, and the 30th Engineer Brigade commanded by General Officers, to five major subordinate commands, the 30th BCT, 60th Troop Command, the Maneuver Enhancement Brigade,

the Aviation Brigade, and the 113th Field Artillery Brigade (that will transform into another type unit in FY-08), each commanded by a Colonel. All General Officers will be assigned at the Joint Forces Headquarters. As the Army continues with transform, our Guard units will be interchangeable with all other units, Active and Reserve.

Transformation has not been limited to the Army. The North Carolina Air National Guard is experiencing change as well. In 2005, the 145th Airlift Wing in Charlotte was reduced by four C-130H3 aircraft as part of an Air National Guard modernization program. With Base Realignment and Closure (BRAC) on the table, the Air Force plan would bring those four aircraft back to Charlotte. Our NCANG units in Stanly County are also looking toward the future and modernization. Like the NCARNG, the 118th Air Support Operations Squadron will be restructuring to support the new Army Units of Action mission. The 263rd Combat Communications Squadron and 235th Air Traffic Control Squadron will transition to 21st century state of the art equipment. This equipment and training will keep them in step with the transformation and modernization taking place in the USAF.

As our force structures change, we are constantly working to improve the way we take care of Soldiers, Airmen, and their families. Family Assistance Centers (FACs) are already established across the state. We are hiring a full-time Veterans Affairs Coordinator to assist our newly created veterans navigate through what may be unfamiliar government processes. We are also hiring a full-time chaplain at the Joint Force Headquarters. We continue to set high standards by providing our deployed Guardsmen's family members outlets such as children's camps and marriage enrichment seminars, as well as an understanding voice on the other end of the phone to help mitigate the stress of deployment. North Carolina employers are among the top employers in the nation supporting our Soldiers and Airmen. Employer Support for the Guard and Reserve (ESGR) builds relationships with a supportive community of citizens and employers across the state. ESGR is also there to help uninformed employers understand the legal rights of both the employer and the Guardsman. Sometimes circumstances arise that make life a real challenge for deployed families; our Soldier's and Airman's Assistance Fund (SAAF) is available for families that are suffering a financial crisis.

We live in historic times. Many years from now our descendants will look back at the changed role of the National Guard in our nation's defense... and they will see you. Each of you are part of an organization that is transforming itself to better fulfill its charge: to defend the United States of America both at home and around the world.



North Carolina National Guard

Array of Forces

NCARNG Units

60th TROOP COMMAND



- 130th Finance Battalion
- 139th ROC (Corps) Rear Operations Center
- 30th Corps Support Group
- 217th Personnel Service Battalion
- 42nd Civil Support Team (Heavy)
- 730th Quartermaster Battalion
- 430th Explosive Ordnance Det.
- 440th Army Band
- 382nd Mobile Public Affairs Detachment
- 130th Military History Detachment
- Company B, 3-20th Special Forces Group
- 5-113th Field Artillery Battalion
- 626th Maintenance Company
- 694th Maintenance Company

30th MANEUVER ENHANCEMENT BRIGADE



- 105th Multifunctional Engineer Battalion
- 505th Multifunctional Engineer Battalion
- 690th Brigade Support Battalion

113th FIELD ARTILLERY BRIGADE



- 540th Combat Service Support Battalion
- 1450th Transportation Company
- 1451st Transportation Company
- 1452nd Transportation Company
- 1454th Transportation Company
- C Company 161st Area Medical Support
- 105th Military Police Battalion

30th BRIGADE COMBAT TEAM



- 30th Special Troops Battalion
- 230th Military Intelligence Company
- Signal Company (Undesignated)
- 1-252nd Combined Arms Battalion
- 1-120th Combined Arms Battalion
- 1-113th Fires Battalion
- 230th Brigade Support Battalion
- 1-150th Armored Recon Squadron - West Virginia NG

449th AVIATION BRIGADE



- 1-130th Attack Helicopter Battalion (AH-64 Apache)
- Charlie Co. 1-131st Aviation (UH-60 Blackhawk)
- Det 1, Bravo Co. 2-151st Security and Support Battalion (OH-58 Recon)
- Echo Co. 58th Airfield Operations Detachment
- Operation Support Airlift Detachment (C-26 Fixed Wing)

NCANG Units



- 145th AIRLIFT WING
- 145th Mission Support Group
- 145th Civil Engineer Squadron
- 145th Logistics Readiness Squadron
- 145th Security Forces Squadron
- 145th Medical Squadron
- 145th Aircraft Generation Squadron
- 145th Aerial Port Squadron
- 156th Airlift Squadron
- 156th Aeromedical Evacuation Squadron



118th Air Support Operations Squadron



235th Air Traffic Control Squadron



263rd Combat Communications Squadron

Future Force



N.C. Army National Guard Goes Modular

By 2nd Lt. Brian Gill/Asst S-1, Modular Conversion Cell

The North Carolina Army National Guard is transforming its force structure and updating its unit capabilities under the new Army transformation model known as "Modular Transformation".

Active component units and reserve component units alike are adapting from a cold war division based force structure to a modernized more flexible brigade based structure. This force structure is better designed, equipped and trained to meet the new threat environment of the 21st century. The terminology used by the defense department include, lighter, more agile, greater combat power and more easily deployable.

Brigade sized units across the force are being organized to mirror one another in design and capabilities. The similarity produces what Gen. Peter Schoomaker, Army chief of staff, calls "plug and play". Units of Execution (UEx's)

will replace the division and (UEy's) will assume command and control responsibilities formerly conducted at corp. and theatre level. BCT's will operate as self sustained combined arms organizations with greater combat power and more autonomy. There are 3 types of BCT's: heavy, light and stryker. North Carolina will field the 30th Heavy BCT which is presently in a reset stage from a recent deployment to Iraq. "Plug and play" will allow combatant commanders to design the force needed to accomplish the particular mission at hand.

Soldiers must wonder, what does this conversion mean for me? How will the changes affect my job? Will I drill at the same location? Is modularity good for me?

For most National Guard soldiers in North Carolina the changes will have little impact on them. For years the



Army and the National Guard have been accustomed to various task organization models for training, CTC rotations, and recently in a combat environment. With modernization and change also comes an opportunity for those who wish to take advantage of it. Changes in the configuration of how the Guard trains and fights will provide motivated soldiers with opportunities as some slots are added or relocated throughout the state. Modular transformation is designed to modernize the force in order to meet and overcome present and future threats to our nation. By creating brigade size elements with effectively the combat power

and technical capabilities of a division, modular units will provide soldiers and families with a greater predictability of rotation cycles for training and deployments.

The Modular Coordination Cell, based at state Joint Forces Headquarters (JFHQ) in Raleigh is coordinating with National Guard Bureau (NGB) in Washington, D.C., Joint Force Headquarters staff Raleigh, and all units within the North Carolina National Guard. In upcoming IDT weekends soldiers will be briefed by their units as to how their unit will be enhanced and improved by the conversion.

Show Your Pride



<http://www.ncnga.org/benefits/license.asp>



<http://www.ncdot.org/DMV/>



www.nc.ngb.army.mil/saaf.html

SPECIAL PLATE BENEFITS NATIONAL GUARD

40. 85. 77. 95. 26. You can show your pride on every highway in the state, and the nation with belonging to the North Carolina National Guard. Whether you are active, traditional, retired, or family of a North Carolina Army or Air Guardsman, there is a license plate for you.

The North Carolina General Assembly recently authorized a specialized license plate that will let citizens display their patriotism while supporting the National Guard Soldiers and Airmen Assistance Fund. The fund provides emergency aid to North Carolina National Guard soldiers, airmen, and their families that experience financial crisis and need a helping hand. The new plates cost \$50 with \$20 from each sale donated to the Soldiers and Airmen Assistance Fund (personalized plates are also available for \$80). Each plate has the phrase "In God We Trust" and the familiar "Support Our Troops" yellow ribbon. The Department of Motor Vehicles requires a minimum of 300 applications for plates before production will begin. For more information and an application, contact Mr. Bob Suber, Fund Manager, at 919-664-6294, 800-621-4136, ext 6294, or email Robert.suber@nc.ngb.army.mil. You may also download information and an application from the North Carolina National Guard public web site, www.nc.ngb.army.mil.



Family Readiness

Director's Message

Dear Families,

Please know that we are deeply committed to assisting you. We also want you to be aware of the many opportunities available through our Family Assistance Centers (FACs) and Family Readiness Groups (FRGs) so, that you will be able to fellowship with others that understand military life. Our Family Readiness Team is available to assist you with your family readiness needs. Please call on us.

Sincerely,

CPT Sherrell Murray

Family Readiness Groups (FRGs) & Volunteers

The Family Readiness Group (FRG) is a unit-level network made up primarily of volunteers. The FRG is dedicated to helping Guard members and their families in times of peace and mobilization. This is accomplished by holding meetings, sending newsletters, emailing and utilizing family "calling trees" to spread important information.

FRG programs provide opportunities for both learning and education. These include Family Day events, summer picnics, youth camps, holiday meals, Army National Guard Family Team Building, and mobilization readiness classes. If you or someone you know is interested in becoming a volunteer or getting involved with a Family Readiness Group in your area, please contact:

Diane Coffill
State Volunteer Coordinator
(336) 761-5573
(800) 621-4136 ext. 5573
dianne.coffill@nc.ngb.army.mil

Air Guard Family Readiness Corner

Charter

Develop a program to provide information, on-going education, and assistance to families, members, and leadership aimed at preparing military members and their families for National Guard Life.

Mission

Educate, Support, Assist, Communicate, Collaborate and Sustain.

Air Guard publishes Family Readiness TGIF News every two weeks and they are posted to the public web site: www.ncchar.ang.af.mil. It keeps members and families of benefit changes and special offers that are available to members and their families to include information for retirees. This is available for both Army & Air. Go to the public site, click on Family Readiness and then click on TGIF News.

The Military Spouse Resource Center <http://www.milspouse.org/> is a U.S.

Department of Labor sponsored web site designed to assist the spouses of U.S. total force military personnel. Their mission is to provide easy access to information, resources, and opportunities related to education, training, and employment within the United States.

Kathleen Flaherty

145th Airlift Wing
Family Readiness Program Manager
(800) 354-6943 ext. 4949

Air Force One Source
www.airforceonesource.com

User ID: airforce Password: ready
1-800-707-5784



Great Family Websites

Army Community Service
www.armycommunityservice.org/home.asp

Army Family Team Building
www.rmyfamilyteambuilding.org/skins/AFTB/homelogin.aspx

Military Spouse
Resource Center
www.milspouse.org
www.guardfamily.org
www.gftb.org

Family Readiness Contacts

CPT Sherrell Murray
Family Program Director
(800) 621-4136 ext. 6324

SPC John Hedgepeth
Family Program Assistant
(800) 621-4136 ext. 6124

Angelena Dockery
Information Manager
(800) 621-4136 ext. 7583
URL:
www.nc.ngb.army.mil/family/
Email:
ncngfamily@nc.ngb.army.mil

Family Assistance Centers (FACs)



About our FACs

There are National Guard Family Assistance Centers (FACs) disbursed throughout North Carolina. They serve "all" families and are not unit specific.

The FACs are established to provide assistance (e.g. ID Cards, DEERS, TRICARE, etc.) to its soldiers (deployed and non-deployed), their families, civilian employees,

retirees and their dependents. The FAC representatives are knowledgeable of resources available in their coverage area to assist soldiers and families.

The FACs frequently call to check in on family members. They also host regular activities designed to help network families currently experiencing military life.

The FACs work closely with volunteer Family Readiness Groups (FRGs), Rear Detachment, Command, and the community in order to provide the best services and programs to North Carolina's Guard community.

Operation Doula Care

Operation Doula Care (ODC) is a network of over 400 qualified volunteers in all 50 states. Together, they form America's first ever "Doula Reserve", providing free birth Doula services to qualifying pregnant military wives. ODC was founded by Melissa O. Olsen, who is both a veteran birth Doula and military wife. Focusing on serving women whose husbands are at war, ODC acknowledges that "Although we can't replace her husband, we can provide

outstanding support..." in his absence.

ODC offers their services in military or civilian hospitals, birth centers, and at midwife attended homebirths. ODC Doulas adhere to professional guidelines, and encourage their clients to become informed so they can participate more fully in their own birth experience. The physical, emotional and informational support offered by ODC aims to "help ease

some of the fear and pain associated with childbirth" for both the birthing woman, and the deployed father. Expectant military wives, as well as volunteer Doulas are welcome to apply.

For information, visit www.operationdoula.org or 404-896-9292.

Vacation, Travel & Lodging

Guard members and their families have many specials and discounts available to them:

Here's To The Heroes
www.herosalute.com
1-800-342-5283

U.S. Army MWR
www.armymwr.com
Phone: 910-396-8747/8687
DSN: 236-8747 (trip)
or 8687 (tour)

Armed Forces Vacation Club
www.afvclub.com
1-800-481-5738 ext. 8253

Military Space Available Travel
www.spacea.info
Pope AFB Space A
Commercial: 910-394-6527
DSN: 424-6527
Flight Info Recording
Commercial: 910-394-6525
DSN: 424-6525

Navy Lodging
www.navy-lodge.com
1-800-NAVY-INN or
1-800-628-9466

Fisher House "Helping Military Families"
Supporting America's military in their time of need, we provide "a home away from home" that enables family members to be close to a loved one at the most stressful time—during hospitalization for an illness, disease or injury.

Learn more at:
www.fisherhouse.org

FAMILY ASSISTANCE CENTERS

1/800-621-4136
(+4-digit ext.)

ASHEVILLE:
Mrs. Lana Greer
828-271-5029 (ext. 5029)

CHARLOTTE:
Mrs. Patricia Carr
704-359-5745 (ext. 5745)

Mrs. Keneitha Delaney
704-359-5756 (ext. 5756)

FAYETTEVILLE:
Mrs. Nancy Smith
910-672-5140 (ext. 5140)

GOLDSBORO:
Mrs. Melissa Thames
919-739-5331 (ext. 5331)

GREENSBORO:
Mrs. Katy Jones
336-691-7712 (ext. 7712)

JACKSONVILLE:
Mrs. Dorothea Massey
910-347-4352
(ext. 8570 line 11)

MORGANTON:
Mrs. Nancy Davis
828-437-0746
(ext. 8112 line 18)

MORRISVILLE:
Mrs. Alice Dean
919-664-7616 (ext. 7616)

Mrs. Rena Wethington
919-664-7655 (ext. 7655)



Youth & Marriage

Kids on Guard

The North Carolina National Guard's "Kids On Guard" was held the weekend of Aug. 12 - 14 at Camp Butner. Kids on Guard shows children of Soldiers and Airmen first hand what is like to be in the Guard.

Children experienced Drill and Ceremony, the different Guard careers (Military Occupational Specialty) and Physical Training including rappelling and running the obstacle course. Team building exercises ensured the children had fun while learning what their parents do during their drills.



YOUTH COORDINATOR

Mrs. Cecelia Wallace
449 East Mountain Drive
Fayetteville, NC 28306
(910) 672-5132
(800) 621-4136 ext. 5132
Cecelia.wallace@nc.ngb.army.mil

WEB SITES FOR YOUTH

Air Force Crossroads
www.afcrossroads.com/kids/index.cfm

Fist Gov for Kids
www.kids.gov/k_funstuff.htm

National Gallery of Art
www.nga.gov/kids/kids.htm

Guard Family Youth
www.guardfamilyyouth.org

Marriage Enrichment

UPCOMING RETREAT WEEKENDS

September 9 - 11
Ballantyne Resort, Charlotte
www.ballantynesort.com

September 30 - Oct 2
Sea Trail Resort, Sunset Beach
www.seatrail.com

The North Carolina National Guard Family Readiness Team and your chaplains have teamed up to offer you a truly outstanding program know as PREP® (Prevention and Relationship Enhancement Program). This exciting opportunity is over a \$300 value.

Check your schedules, don't miss out on a great weekend at a glamorous resort with your spouse.

The Marriage Enrichment Retreats are for all our married members and their families, whether you have deployed or not. Here are all the upcoming dates and locations, Check out their web sites and see which one is most appealing to you and your spouse.

Registration:

Download registration form at:
www.nc.ngb.army.mil/mesa.pdf

Mail completed registration form along with a **\$20.00 deposit** to:

145th AW/Family Readiness
Attn: Kathleen Flaherty
5225 Morris Field Dr
Charlotte, NC 28208

QUESTIONS? CONTACT...

Kathleen Flaherty
145th Air Wing
Family Readiness Program Manager
1-800-621-4135 Ext. 4949
kathleen.flaherty.ctr@ncchar.af.mil

Communication



Increased Technology

AKO

To establish an Army Knowledge Online (AKO) account, follow these steps:

- 1) Go to: www.us.army.mil
- 2) Security box alert will appear; Read and click: OK
- 3) Click: I'm a new user ; Choose: Guest Account
- 4) Click: Next; Enter sponsor's email address and complete the remainder of the form.

Your Sponsor's address normally follows this format: John.Doe@us.army.mil (soldier's first and last name separated by a period.)

Direct questions to the AKO helpdesk at 877-256-8737.

MWR Phone Center

The MWR Phone Operation Center is a 24 hours, 7 days a week operation - including all Holidays. We are happy to provide this service to our Soldiers and Airmen. Listed below are the DSN Numbers you will need to get connected to all MWR Operators. Calling cards for Soldiers and Airmen are donated to us by caring individuals and organizations. Please be prepared

long distance call. All local calls (in/within Raleigh or a 919 area code) are free. **For questions or concerns, you may contact Ms. Debra Pridgen, Lead MWR Operator at 800-621-4136 ext. 6440.**

VIDITalk

VIDITalk is a web-based application that allows you to record personal video messages online and immediately deliver the video in email or any electronic document. Your video is delivered using streaming technology, no downloads or attachments, just a simple click of the mouse and the video plays. Contact your local Family Assistance Center Representative to learn more.

Military Spouse Resource Center

The Military Spouse Resource Center is a U.S. Department of Labor sponsored website designed to assist the spouses of U.S. total force military personnel. Their mission is to provide easy access to information, resources, and opportunities related to education, training, and employment within the United States.

DSN NUMBERS

DSN Numbers for Deployed Guard Personnel to Call Home for Free (local) or use calling cards (long distance):

STATE	BASE	DSN NUMBER
GA	Fort Benning	(312)835-2011
TX	Fort Bliss	(312)978-2121
NC	Fort Bragg	(312)236-0001
KY	Fort Campbell	(312)635-2151
NJ	Fort Dix	(312)944-1011
NY	Fort Drum	(312)772-3672
VA	Fort Eustis	(312)826-1212
GA	Fort Gordon	(312)780-0110
NY	Fort Hamilton	(312)232-1110
TX	Fort Hood	(312)737-1110
AZ	Fort Huachuca	(312)879-7111
CA	Fort Irwin	(312)470-1111
SC	Fort Jackson	(312)734-7511
KA	Fort Knox	(312)464-1000
KS	Fort Leavenworth	(312)552-4021
VA	Fort Lee	(312)539-3101
MS	Fort Leonard Wood	(312)581-0131
MD	Fort Meade	(312)622-6261
KS	Fort Riley	(312)856-1110
OK	Fort Sill	(312)639-7090

American Red Cross

Your Local American Red Cross Chapter plays a key role in Family Assistance during a deployment. They are the lead agency when you must notify your airmen when an emergency happens at home. They are the only agency that is authorized to verify the emergency and get the message to the appropriate place.

National American Red Cross:
1-877-272-7337

Armed Forces Emergency Services:
877-272-7337

American Red Cross Offers Counseling and Emergency Financial Assistance

ARC offers confidential services to all military personnel and their families. Counseling, guidance, information and referrals and emergency financial assistance are available through their chapters and offices on military installations. You can find the nearest Red Cross chapter in your local telephone book and at:

<http://www.redcross.org/where/chapts.html#afes>

Public Affairs

The Office of Public Affairs provides the maximum amount of information with minimum delay to the public, the media and the Congress. In public affairs, we know that the citizens of our state and our nation have a right and a need to know as much as possible about the activities of the North Carolina National Guard. Please feel free to contact us at any time, and we will do all we can to get you the information you need.
1-800-621-4136 ext. 6244.



Operation Iraqi Freedom

30th Engineer Bridage Building Iraq

By Maj. John House
Public Affairs Officer

Throughout our history, Americans have fought around the world not only to preserve our own liberty, but to free others from tyranny and injustice. Operation Iraqi Freedom is the most recent such cause. Here, as in the past in other parts of the globe, we have stayed behind with our coalition partners to rebuild the vanquished country.

The 2500-plus dedicated soldiers of the 30th Engineer Brigade are carrying on our American heritage of courage, honor, and sacrifice by rebuilding Iraq.

In the first six months they have been in Iraq, they have contributed a great deal to the success of this important mission, including direct support to several



critical combat operations. Engineering design teams have planned more than 240 projects. The brigade has taken more than 150 of these construction, repair, and renovation projects from start to finish. In addition, we are helping the Iraqis rebuild their schools—eight, to date, providing 3,165 children a decent place to learn and grow.

With forces arrayed at a dozen far-flung Forward Operating Bases (FOBs) across a 168,000 square mile area of northern Iraq, transportation of personnel and equipment is a major challenge. The brigade has logged more than 500 ground missions. Each convoy involves hundreds of manhours of meticulous planning and preparation.

When time and distance make ground travel impractical, we move by air. We have completed more than 400 mission-related air movements: by helicopter (UH-64 Blackhawk and CH-47 Chinook), or in fixed-wing aircraft, such as the Air Force C-130 Hercules, or the peculiar-looking C-23 Sherpa transport aircraft, the workhorse for short hops in theater.

In only six months, the soldiers have accomplished all this, while thousands

of miles from home, in an inhospitable and dangerous environment. Equally impressive is what the nascent Iraqi democracy has accomplished in a short period.

There is still much to be done. Even as the end of the deployment approaches, the soldiers of the 30th, their friends and families stay focused on our goals here. As President Bush reminded the nation on June 29, "We're helping Iraqis build a free nation that is an ally in the war on terror. We're advancing freedom in the broader Middle East. We are removing a source of violence and instability, and laying the foundation of peace for our children and our grandchildren."

The 30th Engineer Brigade is truly engaged in mission that reflects our motto—"ENGINEERING FREEDOM!"



Health Watch



Soldiers and Airmen React to Combat Stress



By Sgt Kathryn Jarvis
NCNG Public Affairs

Service members before the Global War on Terror often had to deal with symptoms related to combat stress. Although called different names such as “shell shock” or “battle fatigue” the symptoms of combat stress remain the same. According to the website **Hooah4Health.com** signs of Combat stress include the following: fatigue, dazed looks, swearing, irritable headaches and backaches, faster rate of breathing, ragewith unit members and themselves, irritability, confrontational, argumentative, and challenging.

These symptoms are not all that units, families and friends should look for. Erratic eating and sleeping patterns are other signs of combat stress.

Soldiers and Airmen should be aware of the signs and symptoms of combat stress and know the resources that are available to them. Having combat stress is not uncommon and should not be looked at as a “mental” disease. During a recent interview with Donna Miles, author of the article “Military Confronts Combat Stress at Front Lines,” Army Maj. Dara Josiah-Howze, a psychiatrist with the Army’s 55th Medical Company, stated, “You

have a normal person in an abnormal environment, and you’re exposing them to abnormal situations.”

Some helpful links and organizations with counseling services for combat stress include:

- **Hooah 4 Health**
www.Hooah4Health.com
- **The North Carolina Vet Centers**
www.va.gov/rcs
- **Military OneSource**

Stateside

1-800-342-9647 (24/7)
www.militaryonesource.com
To login user id will be **military**
and password will be **onesource**

Overseas

Military onesource soldiers may call
(with country code) 1-800-3429-6477
or call
collect 1-484-530-5908

For more information about military health benefits for service members, veteran and their families a direct hotlineisalsoavailable,1-800-497-6261.

FAMILIES ARE IMPORTANT

Many times you hear that families are important. We tell you that “Families Serve, Too” and also that “Families are the Heart of the Guard.” We continually thank you for your sacrifice and for all that you do to support your military members both during deployments and non-deployment times. So, why are families so important? When we recruit soldiers, we also inherit families. Because we value our soldiers, we also value their families.

Theirfamiliesbecome “our” families... and, the Guard becomes one family. Yet, what lies even deeper at the heart of our appreciation and support of you is the inherent fact that your well-being plays a key role in the success of our mission both at home and abroad. Simply said, “happy families make happy soldiers.”

Consequently, research shows that healthy families keep soldiers alive on the battlefield.

Stress is cumulative. Research shows that soldiers who go into battle stressed with personal and family problems are at greater risk for panic and poor judgment, despair and apathy in combat.

This is why as we look towards the future and work towards transformation in the Army, we place a renewed emphasis on the well-being of both our soldiers and their families.



Things You Should Know

Important Information

Dependent ID Cards

Who Is Eligible?

Spouse and unmarried children under 21 or 23 if a full-time student. A child of any age with severe physical or mental handicap. Parents or in-laws for whom the Guard or Reserve member provides more than half of their income.

These cards will authorize appropriate medical, commissary, exchange and MWR benefits and privileges

for the period of active duty specified on the members' orders.

NOTE: Family members must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS). Family members are enrolled when they are issued an identification card or when the military member submits a verified and signed DD Form 1172.

What to Bring:

- Birth Certificates
- Marriage License
- Copy of Spouse's Active Duty Order
- Driver's License
- Other Important Documents

You may also visit our Website at:

<http://www.nc.ngb.army.mil/family/rapid.asp>

QUICK REFERENCE

Healthcare

TRICARE
www.tricare.osd.mil
U.S. Department of Defense
Military Health System

Tricare Questions:
questions@tma.osd.mil
888-363-2273

Hearing-or-Speech
Impaired (TTY/TDD):
877-535-6778

Defense Enrollment
Eligibility Reporting
Systems (DEERS)
800-538-9552

United Concordia
Dental benefits
800-866-8499

Insurance

Servicemembers' Group
Life Insurance (SGLI) is the
life insurance currently
available to all members
of the uniformed services.
For more information, you
may reach them at:

www.insurance.va.gov
Toll-Free: 800-419-1473

Banking

USAA
usaa.com

State Employees
Credit Union
www.secu.org

Take Care of Legal Matters

A power of attorney. This is a legal document that allows you to name a person who can act in your behalf when you are not able to act yourself. Choose someone you know well—someone you trust completely to make decisions as you would. There are 3 main types of power of attorney:

- General - the person you name can act on all matters
- Limited - the person you name can act only on specific matters
- Medical - the person you name can act only to get medical treatment for family members who are under 18.

Child Support

Under Army Regulation 608-99, a soldier's obligation includes providing adequate and continuous support for family members; complying with separation agreements, court

orders and judicial orders or decrees; and Meeting financial obligations promptly.

Court Orders

If you have a Court Order, you may take a copy to your Clerk of Courts, and they can process the paperwork to have DFAS start drafting the account. You may also contact the DFAS office directly.

Defense Finance and Accounting Services (Cleveland)

ATTN: DFAS-GAG/CL
PO Box 998002
Cleveland, OH 44199-8002

Customer Service:

(800) 346-3374

Garnishment:

(212) 552-5301

Tidbits

When duty requires a service member to be away from their

loved ones, it is very important to us that the families are taken care of. Army Regulation 608-99 explains the Department of the Army's policy, guidance and procedures concerning non-support of family members, paternity claims, and paternity-related adoption proceedings.

Legal Assistance Available in North Carolina

The **Fort Bragg Legal Assistance Office** is available to help address your questions and concerns. **Call for an appointment & directions:**

(910) 396-6113
or (910) 396-0396

Services Provided:

Contracts, Domestic Relations, Information, Legal Advice, Military Administrative Appeals, Notary, Powers of Attorney, Wills

For additional information:
www.jagcnet.army.mil/legal

Employer Support of the Guard & Reserve



ESGR

Employer Support of the Guard and Reserve is available to all units and every service member to assist with good, sound Employer relations. The mission of ESGR is to Gain and Maintain Employer Support for individuals who serve in the Guard and Reserve. ESGR assigns a Unit Liaison representative to every unit. You may contact that individual for assistance or use the phone number, website or e-mail address above. ESGR will assist you with any job related issues.

Your Job Is Secure! Service members have certain Requirements and Rights under the Uniformed Service Members Employment and Reemployment Rights Act (USERRA).

How to Resolve an Employment Issue:

- 1) Inform your unit/military chain of command.
- 2) Contact ESGR (phone number and website shown on bottom of this page).
- 3) If your issue hasn't been resolved, contact Department of Labor 866-487-2365.
- 4) As a last resort, you may consult a private attorney (at own expense, may preclude ESGR assistance).

Returning to work:

- Knowing your rights is only part of the picture when it comes to returning to your civilian job. Understand yourself and be prepared for the reactions of others.
- Be proactive about reintegrating to your work environment. Ask about changes in policies, work procedures and decisions that were made while you were away. Be prepared for what others are feeling. Thank those who "took up the slack" while you were gone.
- Everyone will want to hear about your experiences. Be careful not to "wear them out" with stories.
- Talk with your Boss. Open, honest communication will go a long way toward eliminating potential problems before they occur. Employers want to know what you've been doing. The training and experience you gained while you were mobilized are valuable to both you and your employer. Discuss your military experience and training with your boss.

Finally, reward your boss with an ESGR "My Boss Is a Patriot" award. You can nominate them on-line. Involve your unit leadership and ESGR with the presentation when you receive the award.

HELPFUL WEBSITES

- www.soc.aascu.org
information for college students
- www.sba.gov/vets
information for small business owners
- www.tricare.osd.mil
information on TRICARE coverage
- www.nmfa.org
information on military family programs
- www.militaryonesource.com
on-line counseling, information and resources



Air Guard Contact
SMSgt Jim Rorie
980-621-1701

Army Guard Contact
Johnny Dwiggins
919-612-5421

YOUR RIGHTS UNDER USERRA

- Military leave of absence (includes weekend drills, required training, all involuntary service and up to five years of voluntary service)
- Prompt reinstatement back into your job
- Accumulation of seniority, including pension plan benefits
- Reinstatement of health insurance, regardless of pre-existing conditions
- Training or retraining of job skills, including accommodations for disabled
- Protection against discrimination

YOUR RESPONSIBILITIES

- Before reporting for duty: Provide prior notice to employer (preferably in writing)
- While performing duty: Serve under honorable conditions
- After release from duty: Return to work in a timely manner (see timetable)
Reemployment Timetable:
 - Less than 31 days of service—Report next work day after safe travel home and 8 hours of rest
 - 31-180 days of service—Apply for reinstatement within 14 days of release from active duty
 - Over 180 days of service—Apply for reinstatement within 90 days of release from active duty



Benefits & Entitlements

Healthcare

A major benefit of membership in the North Carolina National Guard is healthcare. As our military changes, so do the needs of our members and their families. Healthcare is also a priority for the 109th Congress.

A Bipartisan Group of Senators along with U.S. Senator Lindsey Graham (R-South Carolina) introduced The Guard and Reserve Readiness and Retention Act of 2005.

This legislation improves

healthcare benefits for members of the National Guard and Reserves by allowing them to enroll in TRICARE for a monthly premium regardless of their activation status. TRICARE is the military healthcare system.

In addition, the legislation provides for a decrease in retirement age based on years of service. Under current law, the retirement age is 60.

Under the proposal, if an individual serves for 22

years, they are eligible for retirement at 59. An individual entering military service at 18 and serving for 34 years could begin receiving his or her retirement benefits at 53.

In October 2004, Graham worked with a bipartisan group of legislators to push into law additional health care benefits for members of the Guard and Reserve. Under that provision, Guardsmen and Reservists who serve on active duty under federal orders for 90 consecutive days will be eligible for one year of TRICARE Coverage.

TRICARE

**U.S. Department of Defense
Military Health System**

www.tricare.osd.mil

Eligibility (DEERS):
800-538-9552

TRICARE Prime Remote:
1-888-363-2273

Mail-Order Pharmacy:
1-866-363-8667

Retiree Dental Plan:
1-888-838-8737

TRICARE Dental Program:
1-800-866-8499

TRICARE For Life:
1-866-773-0404

Senior Pharmacy Program:
1-877-363-6337

Education

Program

Montgomery GI BILL (MGIB),
CHAP 1606

MGIB Kicker

NC Tuition Assistance

ARNG Fed Tuition Assistance

Testing

Army/American Council on
Education Registry Transcript
System (AARTS)

Community College
of the Air Force

Education Support Center

Benefit

\$288 per month/\$10,368
(36-month max)

\$200 per month / \$7200 (36-mon
max) or \$350 per month /\$12,600
(36-mon max) Only OCS/WOCS/
SMP

\$2000 per yr / \$8,000 (career max)

\$4500 per yr / \$250 (per sem. hr)
www.virtualarmory.com

\$165 max savings per Praxis
Series

\$55 savings per CLEP Test

\$60 savings per DSST Test

\$115 savings per GRE
(reimbursed)

\$250 savings per GMAT
(reimbursed)

Possible College Level Credit
www.aarts.army.mil

Possible College Level Credit
www.au.af.mil/au/ccaf/

Free Degree Planning Apply Online
www.virtualarmory.com

Who Is Eligible?

Air & Army

Army Only/ Only
Only OCS/WOCS/SMP

Air & Army

Army Only

Air & Army
Air & Army
Air & Army & Spouses
Air & Army & Spouses
Air & Army

Army Only

Air Only

Army, Army Spouses & ARNG
Federal Civ

ADDITIONAL RESOURCES:

For more information about
benefit requirements for your
education, please contact
your Education Services
office.

For more information on benefits, contact:

CPT Zaire McRae
Education Services Officer
919-664-6272

SPC Steven Rau
Education Technician
919-664-6194

CMSgt Lynn Rhyne
800-621-4136 ext 4371

Other important Education links:

www.gibill.va.gov/

www.virtualarmory.com

[www.dantees.doded.mil/
dantes_web/](http://www.dantees.doded.mil/dantes_web/)

www.aarts.army.mil

Finance



Military Pay

Defense Finance and Accounting Finances (DFAS): www.dfas.mil

The people of the Defense Finance and Accounting Service take pride in serving the men and women who defend America. We take our contribution to national defense seriously. We work hard to fulfill the important fiscal responsibilities entrusted to us by the American taxpayers. We ensure the resources they provide are accounted for properly.

Military Money www.militarymoney.com

The lifestyle of the military family can prove both challenging and rewarding - especially to the family finances. Saving, investing and budgeting on a military income can require special considerations, skills and planning.

Frequent moves... career changes for the spouse... new schools for the kids... Let's face it: simply raising a family within the ranks of the military can pose unique obstacles.

Military Money™ has been created to address the dynamic lifestyle of the military family and to serve as an engaging financial resource for families with loved ones serving in America's armed forces

MY PAY <https://mypay.dfas.mil/mypay.aspx>

MyPay is a service available to military members that provides the ability to do the following:

- 1) View your LES.
- 2) Change your federal and state tax options.
- 3) Change your direct deposit financial institution.
- 4) You can designate a separate bank account for direct deposit travel payments.
- 5) Change the address for all your pay correspondence.

To Enroll in MyPay

- 1) To register online, go to MyPay Website and select NEW PIN under the NEED A NEW PIN option. Within 10 business days, a randomly numbered temporary PIN for your account will be mailed to your address currently contained in the pay system.
- 2) If your request is faxed or mailed, your temporary PIN will be set to the last five numbers of your SSN. You will be notified when the PIN is set. If faxed, wait 2 business days before attempting to use your temporary PIN (allow additional time if you mailed your request).

Thrift Savings Plan

The Thrift Savings Plan (TSP) is a Federal Government sponsored retirement savings and investment plan that is similar to a corporate "401(k)" plan, providing the same type of savings and tax benefits. The soldier elects to invest in one of the five TSP funds up to a certain percentage of base, incentive and/or special (to include bonus) pay. The various fund options earn income on the investment providing a pool of money that the soldier can later withdraw to supplement their retirement income. TSP regulations are published in Title 5 of the Code of Federal Regulations, Parts 1600 to 1690, and are periodically supplemental and amended in the Federal Register.

You may already participate in TSP, or you may elect to do so if mobilized. If you already participate, understand that the full percentage indicated will be taken out of the pay you receive while mobilized. You may change the amount of contribution when you mobilize.

TSP savings based on earnings while entitled to Combat Zone Tax Exempt will be nontaxable when withdrawn at retirement. Interest income earned on all savings is taxable.

Thrift Savings Plan Website
www.tsp.gov

Thrift Line:
1-877-968-3778

Automation Tools

CALCULATORS

Calculator

www.tsp.gov/calc/index.html

Social Security Benefit Calculators

www.ssa.gov/planners/calculators.htm

Life Insurance Calculator

www.opm.gov/calculator/index.htm

TRAVEL INFORMATION

DoD Per Diem, Travel and Transportation

www.dtic.mil/perdiem/

Per Diem Rates

www.dtic.mil/perdiem/faqmilea.html

Defense Travel System

www.dtic.mil/travelink/



Community Resources

Army One Source

An Army of One. That means the individual soldier is skilled in using all the resources at his or her disposal to solve problems and accomplish missions.

One of the resources available to soldiers and their families is Army One Source.

Army One Source makes master level consultants available by telephone and email on a 24/7 basis to help solve simple and complex problems. And, it is confidential. There is also a website where educational material is available to you at no charge.

Being a soldier means not always being available when your family needs assistance in solving a problem or finding a resource. But, a soldier must make sure his or her family has the resources available to find that help. Wherever an Army family is located, help is available 24/7 by telephone or email.

When a family member calls, Army One Source is ready to assist with the most simple or challenging issues.

Army One Source: Caring for you and your family, Managing your everyday life, available anytime, anywhere.

Army One Source offers six free, in-person counseling sessions

Master level consultants are available for you to visit in person, in your community. You have access to up to six (6) in-person counseling sessions with a licensed counselor at NO COST TO YOU and Army One Source takes care of all the paperwork.

Call 1-800-464-8107
www.armyonesource.com
User ID: army
Password: onesource

NCNG SAAF

You may not realize that as of the summer of 2005 more than 6,000 citizen soldiers and airmen of the North Carolina National Guard are on federal active duty deployed around the state, the nation and in harm's way overseas. Their families are spread across the state. In the absence of their soldier or airman, families are dealing with the challenging issues of day-to-day life. The concerns are many, and many need your help to get by. Here's why.

Sometimes when a soldier or airman leaves his or her civilian job, puts their life on hold and goes on active duty, they lose some income. Once in a while, the difference in civilian pay and military pay is so great that a family will find themselves in a financial bind. When unexpected expenses pop up, the issue becomes one of paying for that emergency or paying for food and rent or mortgage.

Your donation to the N.C. National Guard Soldiers and Airmen Assistance Fund can mean the difference in having what a family needs to make ends meet and going without food or electricity. The fund is not welfare. It's a stop-gap fix for an emergency when no other source of help is available.

You'll feel good about helping those who volunteer to freely stand in the gap, who put themselves on the line so that we can enjoy the blessings of peace and liberty here in the United States. And even better, your donation is tax deductible.

Thank you for your support.

Please make your tax-deductible check payable to:
 The Soldiers and Airmen Assistance Fund
 P.O. Box 30786
 Raleigh, N.C. 27622-0786

For additional questions, or to apply, contact Mr. Bob Suber at 800-621-4136 ext. 6294.

Tarheel Challenge

The North Carolina National Guard is the proud sponsor of Tarheel Challenge, located in Sampson County near Clinton, NC. Tarheel Challenge is a quasi-military, volunteer program for high school dropouts, or expellees who, if left to their own devices, are headed for disaster. The program is designed to improve the life-coping skills and employment potential of the cadets so that they may become productive members of their communities and society in general.

First divided into two phases – a 22-week residence at the Academy and 12 months post-residential activities – the program has eight key core components: academic excellence, leadership & followership, physical

fitness, community service, employment skills, health & nutrition, life-coping skills and responsible citizenship.

Emphasis is placed on self-discipline, teamwork, academic advancement, community service, leadership, and followership, health and nutrition, responsible citizenship and integrity. A major part of the residential phase provides for General Education Development (GED) schooling and testing.

Although sponsored by the North Carolina National Guard, there are no military obligations for attending. Cadets are free to choose military service as one of their options, but are not required to do so. There is no

cost to the cadet or family other than personal and "start up" items such as underclothes and toiletries.

Tarheel Challenge is a volunteer program. Anyone can recommend and assist; however, the applicant must volunteer for the training. An applicant must be motivated and committed to turning his/her life around through this "Second Chance." To learn more about this program, call 910-525-5520.



Community Resources



Veteran's Corner

American Legion

<http://www.legion.org/>

The American Legion's Family Support Network stands ready to assist you and your family as you serve our country. With nearly 15,000 American Legion Posts across the nation, chances are there's a local Legion family member willing to lend a hand. What kind of help can be available? Grocery shopping, childcare, lawn care, fixing the family car and countless other challenges to a military spouse.

Family members simply call toll-free: 1-800-504-4098. Provide details of the need and then let Legion family volunteers take over. An American Legion post in the vicinity of your family will be called and asked to help. Members will contact your family to determine if and how assistance can be provided. Legionnaires and their families have been in your shoes. We understand the problems and stresses that go with separation of loved ones during war. We stand behind you all the way and are anxious to help when you need it...no charge. Just our deepest "thanks." Legionnaires strongly believe we shall not fail those with whom we serve...no matter what war era. To request assistance, call 1-800-504-4098 or e-mail familysupport@legion.org

Veterans of Foreign Wars

<http://www.vfw.org/>

The VFW has more than 100 trained service officers to assist any veteran, or their dependents, obtain federal or state entitlements. The VFW also monitors medical and health issues affecting veterans as well as providing veterans with up-to-date information on diabetes, post-traumatic stress, Agent Orange exposure and Persian Gulf Syndrome. A recent addition to the Washington D.C., office is the Tactical Assessment Center, a 24-hour help line for veterans with questions or concerns about VA entitlements.

Department of Veteran's Affairs

<http://www.va.gov/>

The VA sponsors and participates in a number of special programs to benefit our Guard members. Programs include: health programs, VBA Projects & Special Programs, Advisory Committees, Center for Women Veterans, Debt Management Center (DMC) and Homeless Assistance Programs & Initiatives. The VA website also has VA Franchise Fund information, Vocational Rehabilitation programs and a Virtual Learning Center.

VETERAN'S CENTERS

Veteran's Affairs offers Readjustment Counseling Services for service members and their families who are working toward readjustment.

The Vet Centers are located in five areas throughout North Carolina.

Locations

Charlotte: (704) 333-6107

Fayetteville: (910) 488-6252

Greensboro: (336) 333-5366

Greenville: (252) 355-7920

Raleigh: (919) 856-4616



Enlisted Ball

Make plans to attend this year's 28th Annual Enlisted Ball October 29, 6pm at the Hilton Riverside in Wilmington, N.C. Come join other Tarheel Guardsmen for a night of fun & Dancing.

We want you there to share stories of your deployment or your support with other N.C. Guard Army & Air Guard members.

The Hilton Riverside has offered the discounted price of **\$79** (Normally \$129) per evening. Space is limited, so make your reservation soon! Stay for the weekend! Hospitality Rooms will be open Friday night from 5-10pm, and Saturday 4-6pm, and after the Ball until Midnight.

Reservations can be made by calling The Hilton Riverside at (910)763-5900 or visiting www.wilmingtonhilton.com.

You must visit

<http://www.nc.ngb.army.mil/EnlistedBall2005.pdf> to print off a form.

Price List

	Individuals	Couples
E8/E-9	\$35	\$70
E6/E-7	\$30	\$60
E5-below:	\$25	\$50
Retirees:	\$30	\$60

FREEZE FRAME

The North Carolina National Guard dedicated Hercules Hall, a lodging facility at the Fort Fisher Training Center, South Ft. Fisher Blvd., Kure Beach, Aug. 11. Hercules Hall is named for the Air Guard's C-130 Hercules aircraft, the rooms will be used to house students attending training at the Center.

Part of a continuing partnership between the U.S. Air Force and the N.C. National Guard, the new facilities will house vacationing military members and their dependents when not in use by students. The new lodging facilities allows the training site to be available to units year round greatly enhancing readiness.



NORTH CAROLINA NATIONAL GUARD
4105 REEDY CREEK ROAD
RALEIGH, NC 27607-6410

**PRSRT FIRST
CLASS
US POSTAGE
PAID
RALEIGH, NC
PERMIT NO. 537**